

**Once-a-year health checks are vital because pets age on average 5-8 times faster than us\***



**Do I look 45?**



**I'm 64!**

**How old is your pet really?**

Human Year(s)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
<b>Cats Real Age</b>	15	24	28	32	36	40	44	48	52	56	60	64	68	72	76	80	84	88	92	-
<b>Dogs Real Age</b>																				
<b>0 - 9 kg</b>	15	23	28	32	36	40	44	48	52	56	60	64	68	72	76	80	84	88	92	96
<b>10 - 22 kg</b>	15	24	29	34	38	42	47	51	56	60	65	69	74	78	83	87	92	96	101	105
<b>23 - 40 kg</b>	14	22	29	34	40	45	50	55	61	66	72	77	82	88	93	99	104	109	115	120
<b>Over 40 kg</b>	12	20	28	35	42	49	56	64	71	78	86	93	101	108	115	123				

Key:   Growth Phase   Senior Years

**Know the facts about the pet ageing process**

- By age two in human years, most dogs and cats have reached adulthood.
- By seven in human years, many are entering their senior years. Because pets age so rapidly, major health changes can occur in a very short amount of time.
- At least once-a-year health checks can help your veterinarian diagnose, treat or prevent potentially serious health problems before they become life-threatening.

**Do your best friend a favour and don't miss their once-a-year health check!**

\*Table adapted from information provided at [http://www.puppychow.com/Health/the\\_aging\\_rate\\_of\\_dogs.aspx](http://www.puppychow.com/Health/the_aging_rate_of_dogs.aspx) and <http://www.purina.co.uk/cat/catsage.asp>  
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